

## DISCOVER YOUR CORE BELIEFS

Answer the following questions below as honestly as possible:

1. I feel like a victim.

2. Something is wrong with me.

3. Something is wrong with other people.

4. I am good enough.

5. I don't deserve the best in life.

6. I hate being controlled.

7. The world is an evil place.

8. I can handle rejection OK.

9. I am totally OK with failure.

10. How I see things is how things are.

11. I can earn what I want in life.

12. Life is a struggle.

